

# BARTON PRIMARY SCHOOL AND EARLY YEARS CENTRE.



## HEALTHY EATING POLICY IN THE NURSERY

DATE: SPRING 2009

TO BE REVIEWED: SPRING 2011



## Healthy Eating Policy

Snack and meal times are an integral part in the social life of Nursery. It is also a time to reinforce children's understanding of the importance of healthy eating.

We hope to achieve this by ensuring that:

- The Healthy Eating policy and snack menus are shared with parents
- Our school dinner providers issue menus and nutritional guidance to all parents/carers on request.
- Lunch boxes are monitored and healthy eating is promoted through class topics.
- All meals and snacks provided by either parents or school are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings. We reserve the right to return unsuitable food to the parent as a last resort.
- Children's medical and personal dietary requirements are respected.
- School Menus are planned in advance and food offered is fresh, wholesome and balanced.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- If a main meal is offered, the following elements are included:
  - protein for growth
  - carbohydrate for energy
  - essential minerals and vitamins in raw foods, salads and fruits
- Milk provided for children is semi-skimmed.